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mixed-method approach was utilized. Interviews were first conducted

1) Nourishing connection with spouse/partner, 2) Managing finances, 3)

time and planning as significant predictors of well-being. This study

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al., 1992; Voydanof , 2008). Because of role pressures that may be incompatible, they often experience work-family conflict (Greenhaus

conflict and well-being has been well documented (Anderson et al., 2002; Frone et al., 1997). Studies have found that demands in different domains serve as stressors that contribute to work-family conflict

identifies factors of work-life balance crafting that may be helpful in

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It is also important to note that context and culture may influence



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face-to-face interviews were first conducted among 12 individuals

The participants were employed in different types of organizations,



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couples in the country also entails finding ways to maximize the financial resources earned in the work domain in order to address the financial demands in the family domain.

attributed to cultural influences, given that majority of the population

difficult situations (Hechanova & Waelde, 2017), thus, it can be

strategies. Strengthening faith and service may also be classified

finances and managing time and planning appear to focus on physical aspects of various domains. Classifications are not as apparent for the two other themes, whose items appear to represent different typologies.

to differences in experiences among working mothers and fathers (for example, see Chung & van der Lippe, 2020; Of er, 2014; Borelli et al.,

Similarly, cross-cultural studies to examine differences and from different countries may be warranted. The validation and refinement of the work-life balance crafting scale with more diverse populations would also be beneficial.

relationship fit the inclusion criteria and may have both responded,



life balance and enhance their well-being. The first is the importance of young, a common challenge for dual-income couples is finding time for partners. Towards this end, efforts to improve communication (for time with them may be beneficial (Farbod et al., 2014). Moreover,

be beneficial in planning for long-term career goals. Planning also can do to enable work-life balance. For example, providing sufficient above vacation leaves. Benefits related to child-care for dual-income



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